



Now that school is in full swing again, it is a good time to think about how to stay healthy and what you need to do if you do become ill with influenza. Being prepared for Pandemic H1N1 is a priority of Alberta Health Services (AHS).

Most H1N1 influenza disease to date has been mild and self-limited with the impact and severity only slightly worse than seasonal influenza. Influenza is spread person to person via infected droplets that are expelled by coughing and/or sneezing that can be inhaled, or from touching contaminated hands and/or surfaces and then touching your eyes, nose and/or mouth. You can reduce the spread of respiratory illness by washing your hands often with soap and water, hand sanitizers are also effective.

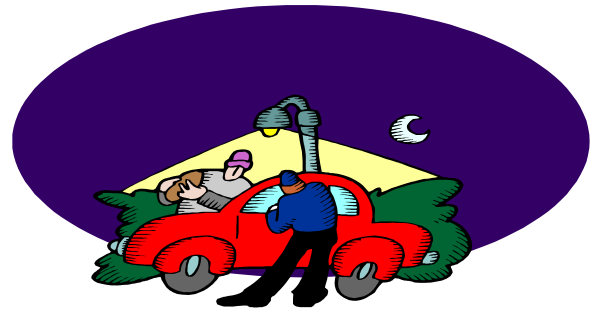
Signs and Symptoms of influenza:

Sudden, acute onset of respiratory illness with cough, with or without fever, and 1 or more of the following;

- Headache
- Extreme tiredness and fatigue
- Loss of appetite
- Sore throat
- Muscle aches
- Loss of appetite

What to do if you do become ill? For mild influenza illness; stay home from work or school for at least 7 days after the onset of symptoms. Practice good respiratory etiquette. Cough or sneeze into a tissue and immediately discard the tissue into the garbage. Wash your hands often. Contact your doctor if symptoms worsen (eg. Shortness of breath, dehydration, worsening fever, cough or weakness)

For more information and vaccination information, call HEALTHLink Alberta at 1-800-408-5465 or visit the Alberta Health Services web link at <http://www.health.alberta.ca>



LOCK IT OR LOSE IT

Taking the time to secure your home and vehicle can protect you and your valuables from theft and damage.

Removing valuables from your vehicle or storing them out of sight may prevent theft. Keeping records of valuables, (pictures, serial number, etc.), and make identifying property far easier and will provide a suitable list for insurance and police records. Notifying the police of suspicious activities at the time they are detected may prevent, deter or disrupt plans of the criminal

Please do not pile garbage/debris on top of (or near) gas turn-offs, telephone pedestals, or water turn-offs which may be on the edge of your property. Snowplows and



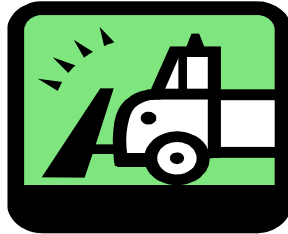
garbage trucks will not be able to see the valves if they are covered and this could cause damage to your services.



PUBLIC NOTICE

PARKING OF RECREATIONAL VEHICLES & TRAILERS

The Municipality of Crowsnest Pass wishes to remind its residents that as per Bylaw 131, 1983, the parking of recreational vehicles and trailers on the streets is **PROHIBITED** between October 31 and March 31, 2010, to facilitate snow removal.



MUNICIPAL HISTORICAL RESOURCE DESIGNATION PROCESS

The Municipality of Crowsnest Pass has a new Municipal Historical Resource Designation Process supported by the community's Municipal Heritage Board.

If an applicant owns a building they believe to be historical, they may voluntarily apply to have the resource designated as a Municipal Historical Resource.

Individuals interested in seeking designation should contact Municipal Administration for more information on the designation process at:

Municipality of Crowsnest Pass
PO Box 600
Crowsnest Pass, Alberta T0K 0E0
FAX: 403-563-5474



You are invited to join the Operation Christmas Child Shoe Box Pick-Up Event

Crowsnest Pass EMS is participating with Calgary EMS and services across the province in the 12th annual Operation Christmas Child. More than 130 ambulances and three helicopters will parade through Calgary with lights flashing and sirens blaring to show support for the event, recognizing the generosity of Canadians and assisting in the delivery of shoe box gifts to children around the world.

This event is a joint effort between participating Emergency Medical Services and Operation Christmas Child. Our medics will use an off-duty ambulance to pick up Christmas Child boxes from participating schools and merchants, take the boxes to Calgary and parade together to a designated area to unload the boxes in preparation for delivery overseas.

Crowsnest Pass EMS has posted shoe boxes and pamphlets at our friends: Remedy's RX and the Municipal office in Coleman, in Blairmore, Pharmasave, Rexall, Copy Magic, Greyhound, Headlines, RBC, Scotia Bank, The Herald and The Promoter, and the Wild Rose Confectionary in Bellevue. Boxes are also available for pick-up or drop-off in the main lobby of Crowsnest Pass Hospital. The deadline to bring in your filled boxes is **Thursday, Nov. 19th.**

On November 21st we plan to load our ambulance and head for the parade in Calgary. With your support, we can achieve our goal of 500 boxes from the community.

For more information please call (403) 563-0310, or (403) 583-0014. Thank you!!

